

SENIOR SPARKS

Mansfield Senior Center Newsletter ~ APRIL 2015 ~

3RD WEDNESDAY LUNCHEON & ENTERTAINMENT **APRIL 15TH**

Enjoy a scrumptious Spaghetti & Meatball Lunch
with Garlic Bread and a Caesar Salad at 12:00pm at the Senior Center!

Afterwards, drive yourself or be transported by our van to Juniper Hill,
where we'll have dessert and be entertained by Larry Noiva, an award winning
ventriloquist whose accolades include "Best Male Stand-up
Comedian" at the Connecticut Comedy Festival and winner of the
"First Annual Connecticut Comedy Idol."



Enjoy an hour of belly laughing and good times with his zany
characters "Howie Rose," "Sal Monella" and "Aunt Edna!"
The show starts at 1:00pm at Juniper Hill.

\$5.00 per person

Please register at the Reception Desk by April 7TH



ANNUAL INTERGENERATIONAL DINNER AT E.O. SMITH HIGH SCHOOL MONDAY, APRIL 27TH FROM 5:00-8:00PM

Good food, Good Entertainment and a Good Time all rolled into one!
It's a family friendly dinner and "talent" show for all generations!

Enjoy a Tropical Island Getaway without ever leaving Mansfield!
Join us for a delicious four-course Jamaican Meal, prepared and served
by UConn dietetic students. After dinner, head to the Chorus Room for a truly
intergenerational talent show with both Student and Senior Entertainers!
If you'd like to perform, please let us know when you register!

\$8.00 per person

Please Register at the Senior Center Reception Desk by April 20th





MANSFIELD SENIOR & WELLNESS CENTER

HOURS:

MONDAY TO FRIDAY
8:30 AM TO 4:30 PM

TEL: 860-429-0262

FAX: 860-429-3208

E-MAIL: SENIORCNTR@MANSFIELDDCT.ORG

TOWN WEBSITE: WWW.MANSFIELDDCT.ORG

INTERIM SENIOR CENTER SUPERVISOR:

SARAH TAYLOR
860-487-9874

PROGRAM COORDINATOR:

SARAH TAYLOR
860-487-9874

VOLUNTEER TRANSPORTATION COORDINATOR:

GIANNA STEBBINS
860-487-9877

RECEPTIONIST:

KATHY YAFFEE
860-487-9870

SITE SERVER:

SHARON CARON
860-487-9876

ADULT SERVICES SOCIAL WORKER:

KATHY ANN EASLEY
860-487-9873

DIAL-A-RIDE TRANSPORTATION

is available for Mansfield residents.

Please call 860-456-1462 at least **48 hours** in advance.

This service is provided by the Windham Regional Transportation District.

Senior Center Update *From Sarah Taylor, Interim Supervisor*

Oh, what a winter it's been! Thankfully, spring is finally at our doorstep; the snow is melting away, the birds are singing and, before we know it, the world around us will be green again. It's an inspiring time of year when we can begin to renew our spirits and rebalance our lives after a long, cold, snowy winter.

Change is underfoot at the Senior Center as well. In February, Cindy Dainton resigned as Senior Center Supervisor. I have been asked and have agreed to step into the role of Interim Senior Center Supervisor, and the Town is committed to filling the position permanently as quickly as possible. A recruitment is also underway to fill the Outreach Worker position, as Carolyn McAuliffe accepted another job and left in February. While change can certainly be challenging, we are looking at this transition as an opportunity to review, evaluate and reflect on our program's capacity to meet the needs of Mansfield's Seniors. As always, if you have feedback, ideas or suggestions, please drop them off in our suggestion box or call Sarah at 860-487-9874.

Despite all of the changes, we have some great programming to highlight this month. Reiki Master Bette Giordano will join us twice in April to teach a guided meditation class; Certified Massage Therapist Deb Turner will be here to offer therapeutic massage & reflexology sessions; AARP is sponsoring a series on Car Safety; and, with our two new drivers on board, we're heading out on the road with a variety of fantastic day trips that we hope you'll enjoy. We'll end the month on a high note at the Annual Intergenerational Dinner where Seniors and Students of all ages come together for fabulously fun night!

Let the promise of this new spring inspire you! We welcome you to explore all that our Senior Center has to offer, and we hope to see you soon!



MANSFIELD SENIOR CENTER ASSOCIATION, INC.
Greetings from MSCA

"March came in like a Lion, a wiping up the water in the bay." We have had many changes in the last few weeks, including Cindy and Estelle's resignation, but I will try to make these changes easy and tolerable. I have asked Linda Wohllebe to be my Vice President and the Executive Board agreed. Kathy Rule will continue to take care of addresses and subscriptions, but resigned as Assistant Treasurer. I asked Marie Hakmiller to take that position and she agreed.

I believe most of you know who I am, but for new members I will share that I was the Town of Mansfield Outreach Social Service person from 1993 until I retired in 2011. I appreciate any feedback and suggestions. Please feel free to contact me here or at my home. May all good things happen to us, and we hope to see you this Spring.

We are working on ordering new furniture for the lounge area and our Plant sale is in May. We invite all MSCA members to the Annual Meeting on June 10th. Please save this date.

Respectfully,

Jean Ann Kenny, Association President

THANK YOU SO VERY MUCH!!



To all the Seniors who help produce,
edit, collate & mail the Sparks!

To all the Seniors who volunteer in our kitchen
and at the reception desk!

To all of our Volunteer Drivers!

To Kay Warren for making all of the
festive placemats for our
St. Patrick's Day Celebration!

To Bev Gotch's talented son Paul Millette for
making us our own Cornhole game boards!
We're looking forward to learning this new
game & hosting a rousing Game Day soon!

**MANSFIELD SENIOR CENTER
EXECUTIVE BOARD MEMBERS**

President: Jean Ann Kenny
Vice President: Linda Wohllebe
Immediate Past President: Rita Braswell
Secretary: Bev Gotch
Finance Officer: vacancy
Assistant Treasurer: Marie Hakmiller
Treasurer: Mike Beschler
Subscription Manager: Kathy Rule
Member at Large: Sam Gordon
Computer Committee Chair: Rotating
Program Committee Chair: Joan Terry
Sparks Committee Chair: Rita Braswell
Travel Committee Chair: Kay Warren
Ways & Means Committee: vacancy



To reach the Association President,
please call 860-429-0262, ext. 5

**MSCA Executive Board & Association
Meeting Schedule**

Executive Board	April 8th at 1:00pm
Executive Board	May 13th at 1:00pm
Annual Meeting	June 10th at 1:00pm

BLUEBERRY STUDY



*ORDER YOUR BLUEBERRIES BY MAY 7TH
FOR A MAY 15TH DELIVERY!*

DUPLICATE BRIDGE SCORES

FEBRUARY 20, 2015
NORTH/SOUTH

1. 37 KATHY WATSON - GEORGE WALLER
2. 33 PAULA TATE - MARY SHINOSKI
3. 30 JERRY SHAFFER - SAM WHEELER

EAST/WEST

1. 42 BARBARA CANO - PEGGY TUCKER
2. 35 ELLI SHARPE - NANCY MCDOWELL
3. 34 JANE STEPHENS - MIKE STEPHENS



Special Events in April

Webster Bank Fraud Awareness Seminar

Our goal in this seminar is to help Seniors understand the best ways to protect themselves financially against fraud. We will discuss frauds specifically directed at the elder population, debit card & online banking fraud, as well as what red flags to look for and tips to stay safe.

APRIL 1ST AT 12:30PM

*Please call the
Reception Desk to Register*



Drive safe. Drive smart.

Take the NEW AARP Smart Driver™ Course

- Refresh your driving skills and know the new rules of the road.
- Learn research-based driving strategies to help you stay safe behind the wheel.
- Upon completion, you may be eligible for a discount on your insurance. Please consult your agent for more details.
- Plus, there are no tests to pass!

**Wednesday, April 22nd
from 9:00am—1:00pm**

**\$15 for AARP members, \$20 for nonmembers,
payable to the Instructor the day of the class.**

Please call Kathy Yaffee to register.

Online Education
Available from
Your Library



UNIVERSAL CLASS & ZINIO TRAINING

Explore the wide world of online classes & digital magazines! Presented by the Mansfield Library.



APRIL 14TH AT 10AM

Please call the Reception Desk to Register

AARP Tax-Aide Program

**Mondays & Wednesdays
April 1st, April 6th & April 8th**

AARP's Tax-Aid program will once again provide **free tax preparation assistance** for local residents, with special attention to those 60 and older. If married, both husband and wife should be present during the appointment. Taxpayers must also have all available information and documents that apply to their 2014 income taxes, including:

- * A copy of both of your 2013 tax returns
- * ID information for taxpayers & dependents
- * All W2, 1099, other relevant forms and documentation

**Please call the Senior Center
at 860-429-0262
to schedule your appointment.**



Helping Mature Drivers Find Their Safest Fit



Place: Mansfield Senior Center
303 Maple Road
Storrs Mansfield, CT 06268

Date: Saturday, April 25, 2015
Time: 9:30 am – 1:30 pm

Call 860-487-9870 for an appointment.

Trained volunteers will lead drivers through a 12-point checklist with their vehicle, recommend personal vehicle adjustments and adaptations, and offer community-specific resources and activities that could make their personal vehicles "fit" better or enhance their safety. An Occupational Therapist will also be on hand to provide information to older drivers on how to maintain and strengthen driving health. Individual appointments take about 20 minutes.



**TO OUR WII BOWLING TEAM,
WHO WON A CLOSE MATCH AGAINST
GLASTONBURY 1,413 TO 1,402!!**

Focus on Fitness

Walking DVD

Do you have 40 minutes to devote to your health? That's all it takes to walk two miles with our morning walking group!



Mondays 9:00-9:40am
Wednesdays 9:00-9:40am
Fridays 9:00-9:40am

There is no need to pre-register and no fee for this class.

SPARKETTES Class

This class is for those tap dancers who have previous experience and are interested in performing at a variety of local settings. The class will focus on footwork, precision, speed and performance skills. Pre-registration is required.

Mondays 10:15-11:45am
4 Classes—\$30.00R/\$36.00NR

Fundamentals of Tap

This is a tap dancing class for beginners or those that need a refresher from previous lessons. The class will focus on steps and footwork. Pre-registration is required.



Wednesdays 1:00-2:00pm
5 Classes—\$25.00R/\$30.00NR

Senior Aerobics

This high energy class provides a complete cardio workout with a combination of standing exercises and mat work. Pre-registration is required.



Mondays at 9:00-10:00am
4 Classes—\$20.00R/\$24.00NR

Thursdays 3:15-4:15pm
5 Classes—\$25.00R/\$30.00NR

Strength & Stability

This is a cardio and toning class that utilizes weights, bands and stability discs. The class is designed to work your body at whatever level you're comfortable.



Tuesdays & Thursdays
8:30-9:30am
\$5.00R/\$6.00NR per class

This class will be billed monthly based on attendance.

Power of Aging



This weight-bearing exercise program is designed for those who want to improve their muscle power, strength, balance and endurance. Class begins with a warm-up and continues with a variety of exercises designed to increase muscular strength, range of movement, flexibility, balance and core strength.

Tuesdays 11:00am-12:00pm
Thursdays 12:30-1:30pm
\$5.00R/\$6.00NR per class

This class will be billed monthly based on attendance.

*** NEW ***

Gentle Yoga

Experience the many health benefits of this gentle restorative practice, including improved strength, flexibility, range of motion & relaxation. This class is open to students of all levels, and no previous yoga experience is required. Students with chronic conditions, injuries or arthritis will also benefit from this class. Pre-registration is required.

Wednesdays 11:00am-12:00pm
5 Classes—\$25.00R/\$30.00NR

*** NEW ***

Tai Chi Cooperative Group



Join us for an opportunity to practice Tai Chi in this cooperative, self-led group! We plan to practice various forms and routines with the help of DVDs and cooperative learning. All levels welcome.

Wednesdays 10:00-11:00am

There is no need to pre-register and no fee for this class.

Sit & Get Fit

Sit & Get Fit is a seated exercise class that combines stretching, resistance, chair aerobics and strength building movements to increase flexibility, range of motion and body awareness. Pre-registration is required.



Fridays 10:30-11:30am
3 Classes—\$15.00R/\$18.00NR
No Class 4/3

*** Resident and Non-resident Prices listed are for the month of April ***

Please register at the Senior Center or call Kathy Yaffee for more information

CREATIVE ARTS

Wood Carving

Try your hand at this ancient art with members of the Mystic Carvers Club! There is no fee for this class, and beginners do not need to bring any supplies—come try it out first; the group leaders will then recommend beginner tools and local suppliers. For more information visit www.mysticcarvers.com.

Wednesdays at 9:30am

Quilting Open Studio

Quilting with Pat will be on hiatus for the month of April, with plans to resume in a slightly different format in May. In the meantime, the Craft Room will still be available as an Open Studio for Quilters each Thursday from 9:00am-12:30pm.

Thursdays from 9:00am-12:30pm

Jewelry

If you've passed by the Craft Room on a Thursday afternoon, you've probably heard laughter and chatter as the "beaders" create beautiful necklaces, earrings, bracelets and more! New members are always welcome!

Thursdays at 1:00pm

Knitting & Crocheting

Come enjoy an opportunity to knit or crochet with friends!

Fridays at 10:00am

Art Studio

Our expansive craft room is available for you to come in and work independently on your own project...with the company of some great artists!

Fridays at 1:00pm

Guided Meditation Class



Join us! If you are a newcomer to meditation or a seasoned practitioner, this course is for you! We will discuss and practice various forms of meditation and explore how you can incorporate calmness into your everyday life.

Fridays, April 10th & 24th at 1:30pm

\$2.00 per person/per class

Please register with Kathy Yaffee.

WELLNESS PROGRAMS

Herrmman Blood Pressure Clinic

Open to those 55 and above. There is no cost and no pre-registration required.

April 1st from 11:30am-12:00pm

Reiki

Provided by Reiki Master Bette Giordano.

The cost for a 1-hour session is \$30.00.

April 2nd from 9:00-11:00am

VNA East Adult Health Screenings

Blood Pressure, Foot Care & Ear Flushing for a nominal fee.

April 15th from 1:00-3:00pm

Podiatrist

Complete foot care & podiatric evaluations.

Medicare will be billed if eligible.

April 21st from 9:00am-12:00pm

Massage Therapy & Reflexology

Treat yourself to a massage or reflexology session and reap the health benefits! The cost for a 25-minute session is \$15.00.

April 22nd from 9:00am-1:00pm

Please call Kathy Yaffee for more information or to make your appointment.



THE STORIES WE ARE

Share your thoughts, stories, memories, photographs and more in this introspective new group!

**"Stories can conquer fear, you know.
They can make the heart bigger!"**

— Ben Okri

~ Food for Thought ~

Share a recipe or tell us about a memorable dish or meal.

Thursday, April 9th at 11:00am

~ All That Jazz ~

Bring in a favorite or meaningful song to share with the group for our last meeting.

Thursday, April 23rd at 11:00am

GROUPS & CLUBS

Genealogy Group

Led by Helen Collins, this group meets to share their progress in searching for their ancestors. Helen keeps the group updated with new web sites and information, and plans trips to libraries and other facilities where members can research their genealogy. Just beginning? The group will give you suggestions to get you started! This group meets on the
2nd Tuesday of each month at 10:00am

Conversations with Betty

This group will be on winter hiatus during February, March & April. Please check back in May!

Photo Club

This group meets on the **1st & 3rd Friday of each month at 10:00am**. Please call Dan Gebben at (860) 576-1122 for more information.

Senior Center Chorus

If you like to sing, come and join us! We will perform in May at local nursing homes, senior housing and rehabilitation facilities. **Schedule Change:** In addition to our Monday rehearsals in April, we will also meet **in the craft room at 12:00pm** on the following Tuesdays: 7th, 14th & 21st. For more information, contact Stu Sidney at 860-429-7271.

Mondays 1:30 - 3:00 pm

Writing Group

Come tell your secrets with pad and pen, discuss your life from way back when. A good friend found, now in the "loop," come and join our writing group. We hope to see you there!

Wednesdays at 10:00am

Causeries en Français

Parlez-vous Français? Bring along a bag lunch and join us for an hour of great conversation en français!

Wednesdays at 12:00pm

FRIDAY AFTERNOONS AT THE MOVIES

Planet Earth

as you've never seen it before

Join us for this spectacular series that captures impossibly beautiful locations and intimate glimpses into our planet's best-loved, wildest and most elusive creatures. From the highest mountains to the deepest rivers, *Planet Earth* takes you to places you've never been to experience sights and sounds never before captured on film.

Prepare to be overwhelmed by the beauty and majesty of *Planet Earth*!

April 10th & 24th at 1:00pm



~ CARDS & GAMES ~

WII BOWLING

Mondays at 10:00am

Tuesdays at 9:30am

Thursdays at 9:30am

BRIDGE

Thursdays at 1:00pm

DUPLICATE BRIDGE

3rd Friday at 12:45pm

SCRABBLE

Mondays at 10:00am

Tuesdays at 10:00am

Fridays at 10:00am

MAHJONGG

Mondays at 1:00pm

BINGO

Tuesdays at 1:00pm

Riddle me This



Answer the riddle below and win a chance for a Free Lunch at the Senior Center! Drop your entry off at the Reception Desk or mail it to:

Mansfield Senior Center/MSCA,
303 Maple Road, Storrs, CT 06268,
Attn: Riddle

Submit your entries by April 30th to qualify for the drawing. At the end of that day, we will draw one name from all of the correct entries.

Only one entry per person, please.

**What occurs once in a minute,
twice in a moment, and never in a
thousand years?**

Entry Form

Name _____

Phone # _____

Answer: _____

TRAVEL with KAY

Live From Nashville ~ April 16th

This is an incredible production direct from Music City that stars singers, dancers, and a bona fide band of Nashville musicians, dazzling staging and costumes—all designed to celebrate a century of talented celebrities and treasured songs from Music City! Package includes: motor coach, free time at Foxwoods with a bonus package (including a free buffet), afternoon matinee of “Live from Nashville” at the lovely Garde Arts Theatre in New London and driver’s gratuity. **\$76.00pp**

Celebrate Mother’s Day ~ May 11th

Spend a special day in honor of Mother’s Day at the Delaney House in Holyoke, MA. Package includes: motor coach, a beautiful brunch buffet, an afternoon of entertainment and driver’s gratuity. **\$76.00**

The Lucky Lobster ~ June 24th

Wow—what a deal! Package includes: motor coach, lunch at the Fisherman’s Restaurant with your choice of hot lobster roll, native Stonington Sea Scallops or grilled NY strip steak, time at Mohegan Sun Casino with a \$15 food voucher and \$15 free bet bonus and driver’s gratuity. (subject to change) **\$76.00**

Branson Show Extravaganza ~ September 12th-20th

A trip you don’t want to miss! Six shows including *Jonah* at the Sight & Sound Theatre, 14 meals, 8 breakfasts and 6 dinners. **Please sign up early, as this trip will fill quickly!**
\$75.00 deposit (insurance must accompany deposit if you want the insurance.)



*For more information on any of these trips, contact Kay Warren at 860-429-0262, ext. 6.
Kay is available at the Senior Center on Mondays, Wednesdays & Fridays from 8:30am-2:00pm*

APRIL DAY TRIPS

7 <u>TUESDAY</u> LUNCH BUNCH SHADY GLEN (MANCHESTER) FREE Enjoy a springtime Lunch at Shady Glen! 11am - 4pm Register by 4/6	9 <u>THURSDAY</u> WADSWORTH ATHENEUM (HARTFORD) \$8.00 per person Lunch available at Museum Café. 10:30am - 3:30pm Register by 3/2	13 <u>MONDAY</u> SUSAN B. ANTHONY MUSEUM (ADAMS, MASS) \$4.00 Admission Visit this historical landmark and enjoy lunch at a “mystery location.” 9am - 4pm Register by 4/8	17 <u>FRIDAY</u> BUCKLAND MALL & EVERGREEN WALK (MANCHESTER) FREE Van will run between Mall and Evergreen Walk. 10am - 4pm Register by 4/15	21 <u>TUESDAY</u> NEW ENGLAND AIR MUSEUM & CRACKER BARREL (WINDSOR) \$11.00 per person Enjoy a day at this incredible museum & stop for lunch at Cracker Barrel. 10am - 3pm Register by 4/17
24 <u>FRIDAY</u> STEAMING TENDER (PALMER, MASS) FREE Enjoy lunch and a bit of railroad history in this unique restaurant! 10:30am - 2:30pm Register by 4/22	28 <u>TUESDAY</u> SLATER MEMORIAL MUSEUM (NORWICH) \$2.00 per person Lunch at a “mystery location.” 10am - 4 pm Register by 4/24	28 <u>TUESDAY</u> COUNTRY WESTERN HOE DOWN AT THE GROTON SR. CENTER FEATURING THE R.I. REDNECKS (CLASSIC COUNTRY MUSIC) \$13.50 per person Roasted Pulled Pork, Beef Chili, Corn Dogs, Wild Rice, Salad & Ice Cream Sandwiches 4:30pm - 8:30pm Register by 4/24	30 <u>THURSDAY</u> BROADWAY MEETS NASHVILLE BIG CITY JAMBOREE (STURBRIDGE VILLAGE) \$45.50 per person for show and luncheon. Reservation must be paid in advance, payable to Cabaret Lulu. 10:30am - 3:30pm Register by 4/20	<u>Please Note:</u> Lunch cost on these trips is at your own expense. These Trips fill up quickly, so please register early at the Reception Desk. For more information on any of these trips, contact Gianna at 860-487-9877.

COMPUTER CLASSES

ME AND MY IPAD

THURSDAY, APRIL 9TH
10AM TO 12PM
FREE

(NO LIMIT ON CLASS SIZE, NO SIGN UP)



This is a two hour seminar explaining the use and versatility of the Apple iPad. The class is open to anyone; bring your iPad. This is a hands-on class loaded with information.

INTRO TO FACEBOOK



THURSDAY, APRIL 16TH
10AM TO 12PM
FREE

(NO LIMIT ON CLASS SIZE, NO SIGN UP)

For the less than savvy social networker. Along with the basics we will explore such topics as: page layout, posting messages, uploading photos, commenting, finding friends, security and privacy. You will need in addition to a birthday, a name, a gender and an email address.

TRAVEL PLANNING ON THE INTERNET

THURSDAY, APRIL 30TH
10AM TO 12PM
FREE

(NO LIMIT ON CLASS SIZE, NO SIGN UP)

This open seminar is designed to explore the multiple resources available on the internet for planning your next vacation adventure. Come and enjoy a lively presentation on travel made easy whether you're traveling by car, plane, boat, train or bus!



EMAIL

TUESDAY, APRIL 14TH
10AM TO 12PM
FREE

(NO LIMIT ON CLASS SIZE, NO SIGN UP)



Seminar will cover reading an email address, creating mailboxes, how to setup email contacts, sent and received mail, explanations for email attachments, etiquette, junk mail and privacy in emails. If you need an email account, stop in to see Dan Gebben on at PC Help on any Monday.

THE INTERNET AND SKYPE



TUESDAY, APRIL 28TH
10AM TO 12PM
FREE

(NO LIMIT ON CLASS SIZE, NO SIGN UP)



In this seminar you will learn how to surf the internet. Learn about different browsers, explore the powerful function of tab browsing and learn some secrets for safe internet exploration. A demo of internet communication with Skype will be presented for your learning experience. You do not need a computer for this open seminar, just paper and pen.

INTRO TO THE COMPUTER



TUESDAY & THURSDAY
MAY 5, 7, 14, 19 & 21
10AM TO 12PM
FEE \$10.00

(LIMITED TO 7 STUDENTS)
SIGN UP AT THE FRONT DESK

For beginners seeking a more knowledgeable use of the computer. You will learn the basics of keyboard and mouse control, storage system, folder creation, touch on word processing, internet, and email. You will learn how to personalize the computer and protect it from the internet's bad stuff. Class ends with turning the computer into a master music machine for your enjoyment. Class meets for five sessions, two hours each and utilizes the Windows 7 platform.

Computer Classes are taught by members of the MSCA Computer Council.
Participants must pre-register for classes at the Reception Desk before classes begin.

For more information on the Computer Council or any of their classes,
please contact them at 860-429-0262, ext. 7



TVCCA SENIOR CAFE

April 2015

Lunch is served at 12:00pm Monday through Friday for individuals aged 60 & over and their spouses. Suggested voluntary donation is \$3.00, payable the day of the meal; the price for those under 60 is \$12.10. Please remember to make your reservation at least 24 hours in advance by 10am!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CHICKEN CACCIATORE SEASONED RICE CAPRI VEG MEDLEY PINEAPPLE CUP	2 BAKED HAM W/ BROWN SUGAR MUSTARD GLAZE MASHED SWEET POTATOES GREEN BEANS FRESH FRUIT	3 GOOD FRIDAY SENIOR CENTER IS CLOSED 
6 EGGPLANT ROLETTE PENNE W/MARINARA ITALIAN VEGETABLES ORANGE JUICE OATMEAL COOKIE	7 BROCCOLI & CHEESE STUFFED CHICKEN ROASTED POTATOES CAPRI VEG MEDLEY FRUIT COCKTAIL	8 MEATBALL GRINDER W/SUB ROLL & MOZZARELLA LONG BEAN MEDLEY PEACH CUP	9 BAKED COD W/ TOMATO GARLIC COMPOTE MAC & CHEESE MIXED VEGETABLES APPLESauce CUP	10 SWEDISH MEATBALLS SEASONED RICE WINTER VEGGIES FRESH FRUIT
13 CRISPY COD MASHED POTATOES BEAN & CARROT MEDLEY PEARS & MANDARIN ORANGES	14 ALL BEEF HOT DOG BAKED BEANS COLESLAW FRESH ORANGE	15 3RD WED SPAGHETTI & MEATBALLS CAESAR SALAD DESSERT AND SHOW AT JUNIPER HILL \$5.00 PER PERSON REGISTER BY 4/7	16 CUBAN BRAISED PORK LOIN YELLOW RICE & BLACK BEANS BROCCOLI PEACH CUP	17 SALISBURY STEAK W/GRAVY MASHED POTATOES PEAS & CARROTS APPLESauce CUP
20 BEEF & BEAN CHILI SEASONED RICE CHUCK WAGON VEGETABLE MEDLEY FRESH FRUIT	21 CHICKEN PARMESAN PENNE PASTA W/ MARINARA WINTER VEGGIES PEACH CUP	22 SLOPPY JOES RICE PILAF PEAS & CARROTS APPLESauce CUP	23 HUNGARIAN CHICKEN PAPRIKA ROASTED POTATOES MIXED VEGETABLES FRUIT COCKTAIL	24 CHEESE MANICOTTI W/MARINARA GARLIC BREAD GREEN BEANS CARROTS GRAPE JUICE CUPCAKE
27 SOUTHWESTERN BAKED COD MAC & CHEESE STEWED TOMATOES FRUIT COCKTAIL	28 BAKED ZITI W/ GROUND BEEF GARLIC BREAD BROCCOLI CARROTS CRANBERRY JUICE SUGAR COOKIE	29 BBQ CHICKEN LEG BAKED BEANS CHUCK WAGON VEGETABLE MEDLEY FRESH ORANGE	30 MEATLOAF W/ GRAVY MASHED POTATOES MIXED VEGETABLES APPLESauce CUP	1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.

NAME _____



ADULT & SENIOR SERVICES

Mobile Food Share at Wright's Village
April 2nd, 16th & 30th
11:30am-12:15pm

Dealing with Low Vision?
Join our **Low Vision Group**
for support, friendship and helpful tips.
April 8th from 11am—12pm

Caregiver's Support Group
April 15th at 3:00pm

The Disabled/Elderly Homeowners
Tax Credit Program
begins February 1st and ends May 1st.
Income qualifications are:
\$34,600 for a single person
\$42,400 for a married couple

Please call Kathy Ann Easley for more information.

RENTERS REBATE

Program begins Apr 1st thru Oct 1st. Income guidelines are \$42,400 for married/civil union couples and \$34,600 for single persons. Please call for an appointment.

Eldercare Attorney Joelen Gates provides free legal services for those in need. Attorney Gates is available by phone at 860-786-6372 or by appointment in her Willimantic office.

Our Social Workers are available to assist Mansfield residents connect to individuals with services and programs that are available within the community.

Kathy Ann Easley
Adult Services Social Worker
860-487-9873

- 1 Anna Consenza, Betty Heiss
- 3 Zhu Nanqing, Butch Simpson
- 4 Jim Campetelle, Anna McLain, Marilyn Gerling
- 6 Ruth Reichel, Margaret Machie
- 7 Roxane Steinman, Thomas Delorme, Ione Dupre, Sylvia Poirier, Kathleen Dochter
- 8 Marge Rascona, Linda Rapson, James Everett, Cornelios Kafka, Josef Gugler, Marion Varga
- 9 Anna Lyman, Don Evans
- 10 Florence Tracy, Sandra Hoyt, Kenneth Randolph
- 11 Evelyn Griffin, Mary Black
- 12 Ruth McVeigh, Edith Cary, Helen Koehn, Marilyn Gioles
- 13 Robert Farrell, Suzanne Murray, Blanca Ryan, Laura Woodling
- 14 Lorraine Quinn, Betty Gottlieb, Beatrice Peckham
- 15 Beverly Gotch
- 16 Pamela Vetre, Doris LeDoyt, Barbara McCollum, Virginia Shepardson
- 17 Larry McDougal
- 18 Rejeanne Chanski, Hamilton Holt, Christian Von Rosenvinge
- 19 William Farnham, Jill Legault, Hazel Kehoe, Yang Tu
- 20 Jerry Simons, John Brodeur, Barbara Hathway, Joan Bowley, Linda Boucher, Dorothy Begin
- 21 Lorraine West
- 22 John Freudenstein, April Ford
- 23 Carl Johnson, Jane Popeleski, Kathleen Wright
- 24 Jean Cagianello
- 26 Maureen Santoro, Beverly Pepin, Theodore Weber, Ann Kouatly
- 27 Stefanie Tepley, Vernon T. Lamb, Nancy Broberg, Janine Gugler
- 28 Dori Randmetz, Brenda Eddy, John Misale, Lipyong Kim, Constance Anderson, Joyce Brown, Marilyn Greenleaf, William Sloan
- 29 Paul Morton, Anita Stygar, Marie Addesso

Our apologies to Jane Horseman Potter,
Alice Kinne & Margaret Easton!
Happy Belated Birthday!

Join us for our
April Birthday Lunch!

Celebrate your day with a delicious meal and the company of good friends!
On the menu: Chicken Cacciatore, Seasoned Rice, Capri Vegetables, a Pineapple Cup, and, of course, Cake & Ice Cream for dessert!

~ April 1st at 12pm ~



~ APRIL ~

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1.
 - 9:00 AARP TAX AID
 - 9:00 WALKING DVD
 - 9:30 WOOD CARVING
 - 10:00 TAI CHI
 - 10:00 WRITING GRP.
 - 11:00 YOGA
 - 11:30 HERRMAN B/P
 - 12:00 BIRTHDAY LUNCH
 - 12:00 CAUSERIES
 - 12:30 PRESENTATION: FRAUD AWARENESS
 - 1:00 FUND. OF TAP

2.
 - 8:30 STRENGTH & STABILITY
 - 9:00 REIKI
 - 9:00 QUILTING OPEN STUDIO
 - 9:30 WII BOWLING
 - 10:15 SPARKETTES
 - 11:30 FOODSHARE
 - 12:00 LUNCH
 - 12:30 PWR. OF AGING
 - 1:00 BRIDGE
 - 1:00 JEWELRY
 - 3:15 SR. AEROBICS

3.
 - GOOD FRIDAY**
 - SENIOR CENTER IS CLOSED**



6.
 - 9:00 AARP TAX AID
 - 9:00 SR. AEROBICS
 - 9:00 WALKING DVD
 - 10:00 PC HELP
 - 10:00 BEG. SCRABBLE
 - 10:00 WII BOWLING
 - 10:15 SPARKETTES
 - 12:00 LUNCH
 - 1:00 MAHJONGG
 - 1:30 CHORUS

7.
 - 8:30 STRENGTH & STABILITY
 - 9:30 WII BOWLING
 - 10:00 SCRABBLE
 - 11:00 PWR OF AGING
 - 12:00 LUNCH
 - 12:00 CHORUS
 - 1:00 BINGO
 - 2:30 COMPUTER COMMITTEE MTG

8.
 - 9:00 AARP TAX AID
 - 9:00 WALKING DVD
 - 9:30 WOOD CARVING
 - 10:00 TAI CHI
 - 10:00 WRITING GRP.
 - 11:00 YOGA
 - 11:00 LOW VISION
 - 12:00 CAUSERIES
 - 1:00 MSCA EXEC. BD. MTG
 - 1:00 FUND. OF TAP
 - 7:00 TNT QUILTERS

9.
 - 8:30 STRENGTH & STABILITY
 - 9:00 QUILTING OPEN STUDIO
 - 9:30 WII BOWLING
 - 10:15 SPARKETTES
 - 11:00 STORIES WE ARE
 - 12:00 LUNCH
 - 12:30 PWR. OF AGING
 - 1:00 BRIDGE
 - 1:00 JEWELRY
 - 3:15 SR. AEROBICS

10.
 - 9:00 WALKING DVD
 - 10:00 SCRABBLE
 - 10:00 KNITTING & CROCHETING
 - 10:30 SIT & GET FIT
 - 11:15 BRAIN AEROBICS
 - 12:00 LUNCH
 - 1:00 ART STUDIO
 - 1:00 MOVIE: PLANET EARTH
 - 1:30 MEDITATION CLASS

13.
 - 9:00 SR. AEROBICS
 - 9:00 WALKING DVD
 - 9:30 COA MEETING
 - 10:00 PC HELP
 - 10:00 BEG. SCRABBLE
 - 10:00 WII BOWLING
 - 10:15 SPARKETTES
 - 12:00 LUNCH
 - 1:00 MAHJONGG
 - 1:30 CHORUS

14.
 - 8:30 STRENGTH & STABILITY
 - 9:30 WII BOWLING
 - 10:00 SCRABBLE
 - 10:00 GENEALOGY
 - 10:00 UNIVERSAL CLASS & ZINIO
 - 11:00 PWR. OF AGING
 - 12:00 LUNCH
 - 12:00 CHORUS
 - 1:00 BINGO
 - 6:30 MS SUPPORT GROUP

15.
 - 9:00 WALKING DVD
 - 9:30 WOOD CARVING
 - 10:00 TAI CHI
 - 10:00 WRITING GRP.
 - 12:00 MSCA THIRD WEDNESDAY
 - 12:00 CAUSERIES
 - 1:00 VNA EAST
 - 1:00 FUND. OF TAP
 - 3:00 CAREGIVER'S SUPPORT GROUP

16.
 - 8:30 STRENGTH & STABILITY
 - 9:00 QUILTING OPEN STUDIO
 - 9:30 WII BOWLING
 - 10:15 SPARKETTES
 - 11:30 FOODSHARE
 - 12:00 LUNCH
 - 12:30 PWR. OF AGING
 - 1:00 BRIDGE
 - 1:00 JEWELRY
 - 3:15 SR. AEROBICS

17.
 - 9:00 WALKING DVD
 - 10:00 SCRABBLE
 - 10:00 PHOTO CLUB
 - 10:00 KNITTING & CROCHETING
 - 10:30 SIT & GET FIT
 - 11:15 BRAIN AEROBICS
 - 12:00 LUNCH
 - 12:45 DUP. BRIDGE
 - 1:00 ART STUDIO

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Veteran's Committee



We're looking for a few good volunteers to serve on our Veteran's Committee. Committee members meet throughout the year to fundraise, plan and host our Annual Veteran's Day Tribute, which is held at the Community Center each November. Please call Sarah at 860-487-9874 for more information.

LIVING WELL WITH HEARING LOSS & HEARING AIDS PROGRAM

Dr. Nancy C. McMahon, Au.D., CCC-A and students in the Doctor of Audiology graduate program are offering this program to educate those who may be experiencing a decrease in hearing and/or those who have been diagnosed with a hearing loss and are utilizing hearing aids.

**Living Well with Your Hearing Loss
April 15th from 10am-12pm**

All programs are free of charge and will be held at the Speech & Hearing Clinic at 850 Bolton Rd, Storrs

**For more information,
Please call the Speech & Hearing Clinic
at 860-486-2629.**

REPAIR CAFÉ RETURNS IN APRIL

The Repair Café returns to Willimantic on Saturday, **April 18, 2015**, from **10:00am-2:00pm** at the **First Congregational Church's** Arnold Auditorium, 199 Valley Street, **Willimantic**. Skilled volunteers will be on hand to repair and teach these repair skills to people bringing in books, bicycles, electronics, electrical and mechanical items, clothing and small wooden furniture. Knife sharpening will not be a service offered at this particular Repair Café.

The Repair Café is a **free event** during which skilled volunteers are available to help make all possible repairs free of charge except for the cost of replacement parts. People visiting the Repair Café can bring their broken items from home that they can carry in. Books, lamps, hair dryers, clothes, bikes, toys, small furniture — if they are broken or need repair, bring them in.

**PLEASE BE SURE TO PATRONIZE AND THANK OUR SPONSORS.
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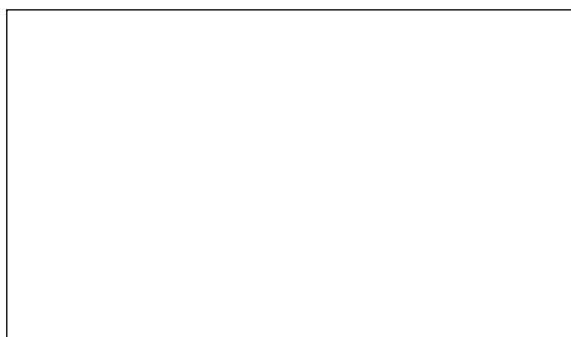


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FOR MORE INFORMATION AND/OR APPLICATION CONTACT:

Karen L. Taylor, at 860-429-3315 or Email: HumanServ@mansfieldct.org

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This is a large sale held in the auditorium at the Library. Also included are CDs, DVDs, audio books, videos, classic books, and a large selection of children's books. Hardcover and oversized paperbacks are priced at \$1 and "mass market" (pocket sized) paperbacks are 50 cents. There is a "specials" area of good, high value books priced slightly higher.

**Saturday, April 11th from 9am-4pm
& Sunday, April 12th from 9am-3pm**



**54 Warrenville Rd
(Route 89)
Mansfield**

